



Treating Hay Fever/Allergies While Breastfeeding

- Treat the local area if possible: eye drops for eyes, nasal spray for the nose. This helps to keep medications from entering the blood stream and moving into the breastmilk.
- Steroid nasal sprays are very effective for a stuffy, itchy nose and do not get into the milk.
- Atrovent nasal spray and Cromolyn Sodium nasal spray are both okay to use.
- Antihistamines (such as Claritin) are okay to use, however watch for a decreased milk supply when using. Be sure the medication contains only an antihistamine and **not a decongestant** (such as Claritin D). Decongestants may decrease milk supply.
- Avoid pseudophedrine (as in Sudafed). This medication can definitely decrease milk supply.
- There is no research on Singulair in human milk. It is rated as an LC3, which means there is no research, or there is some cause for concern. However, this medication is given to children 6 years and older.

